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AUTHOR	Priest, Simon; Gass, Michael A.
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ABSTRACT

Organized as a text for undergraduate and graduate students, this book presents the principles and practices of outdoor leadership in a variety of adventure applications: recreational, educational, developmental, and therapeutic. The introduction addresses the need for effective outdoor leadership and examines current research. Part I, "Foundations of Adventure Programming," discusses the philosophy and history of adventure programming, individual behavior and motivation, and group development and dynamics. Part II, "Practical and Organizational Skills for Outdoor Leaders," addresses technical skills, safety skills, environmental skills, trip planning, and risk management. Part III, "Instruction in Adventure Programming," defines the rationale and educational models for experiential education, instructional methods, and teaching models. Part IV, "Facilitation in Adventure Programming," defines the facilitation process, which enhances the learning experience and enables participants to transfer learning to their daily lives; gives basic and advanced facilitation techniques; and describes facilitator roles in assessing needs, maintaining neutrality, dealing with resistance, and eliciting feedback. Part V, "Metaskills for Outdoor Leaders," addresses flexible leadership style, effective communication, experience-based judgment, problem solving, decision making, and professional ethics. The final chapter includes information on trends and issues in the field related to growth, technology, burnout, professionalism, and research. Every chapter ends with four sections: "effective outdoor leaders should...," a summary, questions to think about, and references. Includes many figures and author and subject indexes. (SAS)

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